# Unit 1

## Staying Healthy

| | | | | | |
|---|---|---|---|---|---|
| Health | صحة | instructions | تعليمات | emergency services | خدمه طوارئ |
| healthy | صحي | calm | هادئ | CPR | الانعاش القلبي الرئوي |
| stay | يبقي | careful | حريص | infectious | معدي |
| perform | يؤدي | develop | ينمي - يطور | sudden death | موت مفاجئ |
| first aid | الاسعافات الاوليه | heart | القلب | cough | كحه - يكح |
| persuasive. | مقنع | report | يبلغ - تقرير | Stay up | يسهر |
| persuade | يقنع | collaboration | تعاون | phrase | عباره |
| support | يؤيد - يدعم | damage | تلف | course | دوره |
| athletic | رياضي | educate | يعلم | join | ينضم – يلتحق ب |
| athletes | رياضيون | regular | منتظم | right | صح - يمين |
| immune system | جهاز المناعه | experts | خبراء | situation | موقف |
| explanation | تفسير | disagree | لا يوافق | perfect | متقن |
| Suggest | يقترح | director | مخرج - مدير | worry | قلق - يقلق |
| solutions | حلول | dreams | احلام | brilliant | ذكي - لامع |
| medical | طبي | trophy | انتصار - كأس | champion | بطل |
| silence | سكوت | responsibility | مسئوليه | reasons | اسباب |
| death | الموت | care about | يهتم ب | a play | مسرحيه |
| infection | عدوي | gloves | قفازات | king | ملك |
| react | يتصرف | bandage | ضماده | characters | شخصيات |
| action | رد فعل | wrap | يلف | daughter | ابنه |
| technique | طريقه | come off | يتفكك | husband | زوج |
| severe | قاسي | special | خاص | sevant | خادم |
| describe | يصف | examination | فحص - امتحان | soliders | جنود |
| illness | مرض | obligation | الزام - اجبار | messengers | رسل |
| injury | اصابه | necessary | لازم - ضروري | palace | قصر |
| injured | مصاب | prohibition | منع - تحريم | Proud of | فخور ب |
| skill | مهاره | express | يعبر عن | kingdom | مملكه |
| hurt | يؤذي | safety | امان الطريق/ | divide | يقسم |
| emergency | طوارئ | encourage | يشجع | beauty | جمال |
| serious | خطير | kits | المجموع - العدد | riches | ثروه |
| check | يفحص | available | متاح | forest | غابه |
| area | منطقه | partener | شريك | countryside | الريف |
| awake | مستيقظ | advice | نصيحه | speech | كلام - خطبه |
| bleed | ينزف | organs | اعضاء | duty | واجب |
| signs | اشارات | lungs | الرئتين | cruel | قاسي |
| reply | يستجيب | brain | مخ | honest | امين |
| shoulder | كتف | muscles | عضلات | stranger | غريب |
| normal | طبيعي | fight | يقاتل | majesty | جلاله الملك |
| breathing | تنفس | boost | يعزز – يدعم - يساعد | power | قوه – سلطه - طاقه |
| immediately | في الحال | cell | خليه - زنزانه | title | لقب |
| lying | راقد - كاذب | virus | فيرس | foolish | احمق |
| flat | شقه - مسطح | disease | مرض | shout about | يصرخ في |
| surface | سطح | improve | يحسن | sword | سيف |
| chest | صدر | separate | يفصل | performance | اداء |
| lock | قفل - يغلق | part | جزء | operation | عمليه |
| finger | اصبع اليد | COVID 19 virus | كورونا | blood | دم |
| step | خطوه - يخطو | appear | يظهر - يبدو | pump | يضخ - مضخه |
| press | يضغط - الصحافه | leaf - leaves | ورقه شجر - ورق | label | بطاقه تعليمات |

| | | | | | |
|---|---|---|---|---|---|
| rise | يرتفع - تشرق | a cold | برد | advertisement | اعلان |
| diet | ريجيم | mouths | افواه | flu | انفلونزا |
| pleasure | سعاده | behave | يتصرف | tight | محكم |
| | | | | | |

## Definitions

| | | |
|---|---|---|
| **CPR** | (cardiopulmonary resuscitation | الانعاش القلبي الرئوي |
| **infection** | A disease caused by a virus or bacteria. | عدوي |
| **perform** | To do an action | يؤدي |
| **severe** | To describe an illness or injury that is very serious. | قاسي - عنيف |
| **technique** | A way of doing something with a skill. | طريقه |
| **boost** | To help someone or something to improve or get better. | يعزز - يدعم |
| **cell** | The smallest separate part of a plant or animal. | خليه |
| **immune system** | A way that your body protects you from disease.. | جهاز المناعه |
| **organ** | A part of your body that performs a job ,e.g. the brain or the heart. | عضو |
| **virus** | A very small living thing that causes disease.. | فيرس |
| **AHC** | Athletic Heart Center | مركز القلب الرياضي |
| **a play** | a piece of writing that is written for acting in a theatre | مسرحيه |
| **a character** | a person that an actor plays | شخصيه |
| **an act** | a larger part of a play | فصل |
| **a scene** | a small part of a play which happens in one place | مشهد |

## Expressions & Prepositions.

| | | | |
|---|---|---|---|
| take up a new sport | يمارس رياضة جديدة | miss the chance | تفوته الفرصه |
| How many litres of blood | كم عدد اللترات | make sure | يتأكد |
| How much blood | كم كميه الدم | do things | يؤدي اشياء |
| interested in | مهتم ب | worried about | قلق بخصوص |
| healthy hearts | قلوب صحيه | solutions to problems | حلول للمشاكل |
| health problems | مشاكل صحه | do an action | يقوم برده فعل |
| it's a pleasure to see them. | من السعاده ان اراهم | a way of doing something | طريقه ليؤدي شئ |
| get dirty | يتسخ | before helping | قبل المساعده |
| look forward to hearing from you | يتطلع الي | do CPR | يقوم بانعاش القلب |
| make a mistake | يعمل خطأ | seem to be very ill | يبدو انه مريض |
| do wrong to someone | يعمل خطأ | on a flat surface | علي سطح مستو |
| proud of | فخور ب | at the top of the list | علي قمه القائمه |
| medical support | دعم رياضي | on top of the first hand | مقدمه اليد الاولي |
| ill or injured person | مريض - مصاب | without touching | بدون لمس |
| have severe injuries | لديه اصابات بالغة | stop performing CPR | يتوقف عن انعاش القلب |
| reply to | يستجيب ل | do – perform first aid | يقوم باسعافات اوليه |
| lie on their back | استلقي علي ظهره | cure for | علاج لـ |
| do/cause damage | يسبب تلف | cure of | يعالج من |
| press down on the chest | يضغط علي الصدر | Put.......out | ينزع - يخلع |
| do sport | يمارس رياضه | expert on - in - at | خبير في |
| great at | متفوق في | come off | تنتزع – يتم فكها |
| in pairs | ثنائيات | eat less fast food. | يأكل طعام سريع اقل |
| a two-day course | دوره لمه يومين | make notes on | يقوم بملاحظات |
| impact on | تاثير علي | take a first aid course | يأخذ دوره اسعافات اوليه |
| Give .......an infection | يعدي | a Olympic champion | بطل رياضي |
| do exercise | يمارس رياضه | think about - of | يفكر في |
| call for help | يطلب مساعده | shout about | يصرخ |

## Synonyms & Antonyms

| Word | الكلمه | Synonyms | Antonyms | العكس |
|---|---|---|---|---|
| infected | مصاب - فاسد | deadly-toxic- poisonous | Healthy-helpful | صحي |
| normal | عادي – طبيعي | usual - ordinary | unusual - abnormal | غير عادي |
| dangerous | خطير | risky – terrible – alarming | safe –pure-healthy | امن -صحي |
| Rise | يرفع - تشرق | increase | Fall-drop-decrease | يقل |
| flat | مسطح | smooth-low | Rough- irregular-dull | خشن |
| awake | منتبه – مستيقظ | alert | asleep - unconscious | مغمي عليه |
| Appear | يظهر- يبدو | Seem | Disappear _ hide | يختفي |
| Limited | محدود | Narrow-restricted-reduced- | Unlimited-limitless | غير محدود |
| monitor | يراقب | watch – observe - check | | |
| happiness | سعاده | joy – delight - pleasure | despair – sorrow - misery | يأس - حزن |
| wild | بري - متوحش | Rough – violent- savage | tame - domestic | اليف |
| | | | | |

## Language Notes

-( Make / made / made )

| | | | | | |
|---|---|---|---|---|---|
| make a discovery | يكتشف | make a decision | يقرر | make a mistake | يخطئ |
| make a trouble | يسبب متاعب | make the bed | يرتب السرير | make friends | يعمل صداقات |
| make a choice | يختار | make a trip | يقوم برحلة | make a suggestion | يقترح |
| make a question | يسأل | make a plan | يخطط | make a promise | يوعد |
| make a journey | يقوم برحلة | make a phone call | يعمل مكالمة | | |

( do / did / done )

| | | | | | |
|---|---|---|---|---|---|
| do research | يقوم ببحث علمي | do a favour | يصنع معروفا | do repairs | يقوم بإصلاحات |
| do homework | يعمل الواجب | do shopping | يتسوق | do business | يقوم بعمل تجاري |
| do PhD | يعمل دكتوراه | do better | يتحسن | do his best | يبذل قصارى جهده |
| do work | يقوم بعمل | do a report on | يعد تقرير عن | do a quiz | يقوم بعمل مسابقة |
| do a hobby | يقوم بهواية | do exercise | يقوم بتدريب | do well | يؤدي أداء جيدا |
| do damage | يدمر | do the housework | | يقوم بالأعمال المنزلية | |

- rise (rose / risen) (لا يليه مفعول) تشرق / يزداد / يستيقظ / يقف / يتصاعد

- The sun rises early.

-Raise (raised / raised) يرفع/ يجمع/ يربي/ يزيد (يليه مفعول)

- Exports raise our income. - Parents do their best to raise their children.
- Charities raise money for the poor. - Raise your hand if you know the answer.

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6 - cause يسبب - What caused the fire?

cause of + اسم سبب - What was the cause of the accident?

reason for + اسم داع - مبرر - سبب - Can you give the reason for your delay?

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7 - stay in/at (يقيم في(مكان) - stay with (يقيم مع(شخص) - stay for( يقيم (لمدة)

-It is cold and wet outside so, You should stay at home.

- We're going to stay with our grandparents during the holiday.

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8- see / hear / watch + object + ( v.ing ) Or مصدر inf. هذه الافعال ياتى بعد
-I saw him talking about the Egyptian Mueseum on TV. عندما تدرك جزء من الحدث
- I saw him talk about the Egyptian Museum on TV. عندما تدرك الحدث كله

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لاحظ ان الصفات التى تنتهى بـed غالبا الاشخاص)) تعود على من يقع عليه الحدث
E.g. I was excited during the match. – The match was exciting.
اما الصفات التى تنتهى ب ing(تعود على من / ما يسبب الحدث او الشعور سواء (شىء او شخص

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10 -encourage..شخص او مفعول.... + to + مصدر: على يشجع
- My teachers encouraged me to study hard.

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11 -remind someone to + inf.يُذكر شخص أن يفعل شيء # remind+ object + of يُذكر بشيء أو شخص
-Please remind me to send the e-mail. -This photo reminds me of my childhood.
– remember يتذكرتلقاء نفسه
-I can remember name.

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12 – have interest in = be interested in مهتم بـ - interested to+ مصدر -interestingشيق للأشياء
They have a great interest in studying engineering. -They are interested to study engineering
They are interested in studying engineering. -The play is very interesting.

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13. affect يؤثر علي - have a/ an effect (impact) on: تأثير علي
* affect يؤثر علي : Eating bad food affects our health badly.
* effect / impactتأثير : We are studying the effects of global warming on the environment.
* Global warming has a bad effect (impact) on people and the environment.

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14- provide withيزود بـ / The government provides schools with modern sets.
- provide for يقدم لـ / The government provides modern sets for schools.

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17-miss ( someone / train / bus / school / lecture / the goal )
- I have missed the bus .
-lose ( money / interest / something / his life / someone ( by death )
-I 've lost my calculator.

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18- make ( مفعول ) صفة /مصدر - He made his son happy - She made me respect her.
Let + مفعول+ to مصدر بدون - She let me respect her.
2- helpمفعول to + inf /. - help...مفعول ..... +to مصدر بدون - help مفعول with + شيء
She helped women (to) succeed. - I helped Nada do the homework.
He helped me with homework.

| | |
|---|---|
| **infect**<br>There is no evidence that the virus can infect humans. | • تصيب |
| **infection**<br>Strict rules will limit the risk of infection. | • عدوى |
| **infectious**<br>Corna is an infectious virus. | • معدي |
| **infected**<br>we can get virus from the infected man. | • مصاب |

# Exercises on unit : 1 (Voc.)

1- *Choose the correct answer from a, b, c, or d*

1-This advertisement will help boost the sales of the product .Boost here is the synonym of ---.
a) promote b) fail c) increase d) both a and c
2-The story is exciting .The word exciting here is the antonym of the word --------------
a) interesting b) insane c) irrational d)boring
3--------------- is to mild as irrational is to normal .
a) Gentle b) Severe c) Unusual d) Abnormal
4-The word encourage is the antonym of the word -----------------
a) disapprove b) supporte c)discourage d) force
5. When an injury or illness is very serious. "Serious" means ........
a. damage b. service c. severe d. several
6- The word "later" is an antonym of the word..........................
a) immediately b) regularly c) gradually d) latter
7. The emergency .............. are struggling to cope with the number of call-outs.
a. services b. servant c. causes d. car
8. Trees increase the air we.................. .
a. feel b. breeze c. breathe d. cough
9. Teachers should use various ................. for dealing with the students' problems.
a. damages b. techniques c. devices d. muscles
10. Do you know what ..................... the house to fall?
a. reasons b. results c. causes d. makes
11. Smoking can seriously damage your .............. It causes a lot of diseases.
a. money b. wealth c. health d. death
14.Antibiotics are used to treat the.....................in most parts of the body.
a) injection b) infection c) operation d) reflection
15-The machine........................the metal into strong and long sheets used in buildings.
a) does b) damages c) presses d) irons
16- The nurse.................her hand on the patient's head to make sure he's fine.
a) banged b) moved c) located d) placed
17- Mother doesn't often drink coffee because it keeps her.............all the night.
a) asleep b) awake c) alive d)dead
18-The old man's........stopped suddenly and he was taken to the intensive care unit.
a) disease b) temperature c) breathing d) pressure
19- My friend was given.........by a doctor to make him breathe again.He was about to die.
a) VCR b) PCR c) CPR d) MRI
20-The young lady suffered.................head injuries after the accident and was in hospital for 3 months.
a) gentle b) severe c) simple d) comfortable
21. A/ An ...................... is a part of your body that performs a job e.g the brain or heart .
a) organ b) member c) cell d) infected
22- The -------------- is the smallest separate part of an animal or a plant.
a) organ b) cell c) atom d) molecule.
23- The ---------------- system protects you from infections and diseases.
a) immune b) digestive c) circulatory d) respiratory
24-To -------------- means to do something because something else has been done .
a) react b) reread c) repeat d) redo
25- Patients with COVID 19 should be isolated due to the danger of ----------------------
a) infection b) injection c) reaction d) infected .

26-Ahmed was given a part in the school play which will be....on the school theatre.
a) performed b) designed c) made d ) decided

27-The firefighters....................................quickly when they heard the alarm.
a) reviewed b) reacted c) reflected d) reversed
28-We should use various...................................for dealing with lazy students.
a) diseases b) horrors c) techniques d) breakers
29-After a fight with the gang ,a policeman..........from a wound in his shoulder.
a) bred b) fed c) treated d) bled
30- We should read the........before we start using any new electrical set.
a) directions b) instructions c) licences d) chapters

# Grammar

1

## MODAL VERBS OF NECESSITY, PROHIBITION AND LACK OF NECESSITY

الأفعال المساعدة الدالة علي الضرورة و التحريم و غياب الضرورة

**1- Have to / Has to = It is necessary to do..... ( We have no other choice)** مضطـــــر أن
تستخدم للتعبير عن إلزام مفروض علينا وليس أمامنا اختيار بسبب القواعد والقوانين أو الظروف
- She has to apply for the course before the end of March.
- We have to wear helmets if we are going to take the motorcycle. (The law says so.)
- You have to show your passport when you leave the country.

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- يمكن استخدام **have to** في الأزمنة المختلفة (ما عدا الأزمنة المستمرة)
- I had to work six days a week. = -It was necessary for me to work six days a week.
- My flight is at six in the morning. I'll have to get up early.
- Have you ever had to go to hospital?

- تستخدم (do / does) مع (Have to / Has to) في السؤال و النفي
- Do you have to put on a uniform at school?
- She doesn't have to buy a new dictionary for school?

- يمكن أن تستخدم ( have got to / has got to) بدلا من (have to / has to)
- I have got to go to work on time.
- She is late for the meeting, she has got to take a taxi.

- تستخدم ( have got to / has got to) في السؤال بدون فعل مساعد
- Have you got to be at the office every day?
- Has that man got to carry all the boxes by himself?

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**must + infinitive: = it is necessary to ......** يجـــب أن

تستخدم للتعبير عن (الزام داخلي ) اى إحساس قوي بضرورة عمل شيء من وجهة نظر المتكلم أو للتعبير عن أن شيء مهم بالنسبة لنا وفي هذه الحالة تستخدم فقط مع الضمائر I / We ومع You في حالة السؤال:
- I must visit my grandparents more often. (It's important to me that I do.)
- Must you wear that yellow tie?
(Is it important to you that you do it? This also suggests that it bothers يضايق me.)

ونستخدم للتعبير عن نصيحة قوية
- You mustn't be late or dad will be angry. (strong advice)

- You must wash your hands before you eat. (strong advice)

وفي الأوامر كما تستخدم في القوانين والقواعد وعندما نذكر أنفسنا بضرورة عمل شيء:

- You must clean your room before you go out with your friends. (an order)

- Drivers and passengers of motorcycles must wear helmets. (a law)

كما تستخدم في حالة توجيه دعوة أو التعبير عن مشاعر صادقة:

- You **must come** and see us at the weekend. - You **must try** a piece of my cake.

تستخدم في الاستنتاج أو التعبير عن نتيجة منطقية:

- Dad must have left already. I don't see his car.

لاحظ استخدام للتعبير عن الضرورة في المضارع والمستقبل فقط :

• I must go now. • I must see my doctor tomorrow.

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**need / needs to + infinitive:**

تستخدم للتعبير عن أشياء ضرورية في الحاضر أو المستقبل

- He needs to be busy all the time or his boss will be angry.
- We need to revise for next week's exam.

- تستخدم Must في السؤال بدون فعل مساعد وتأتي في بداية السؤال:

- Must he send the e-mail now?

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**3- Had to : It was necessary to do.....** اضطــــر أن

- تستخدم (Had to) للتعبير عن إلزام و ضرورة في الماضي

- We **had to do** a test at school today. - We **had to** take a taxi as it was raining heavily.

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**4- Mustn't : It is necessary NOT to do.....** يجـــــب ألا

**mustn't + infinitive:**

تستخدم للتعبير عن أن شيء ممنوع أو غير مسموح به أو تترتب عليه نتيجة سيئة إذا قمنا به:

- You mustn't smoke in hospitals. = You aren't allowed to smoke in hospitals.
= You aren't permitted to smoke in hospitals.
= You are forbidden to smoke in hospitals.
= You are banned from smoking in hospitals.
= You are prohibited from smoking in hospitals.
=You aren't permitted to smoke in hospitals. = you are forbidden to smoke in hospitals.

(Mustn't = (be) not allowed = (be) not permitted to = (be) banned =
(be) prohibited = (be) forbidden to)

- ويمكن أن تبدأ الجمل بالشيء الغير مسموح به

- Smoking is not allowed in hospitals. - Parking is forbidden here.

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**5- don't have to / don't need to / needn't + infinitive:**
**Doesn't have to / doesn't need to = It is NOT necessary to do.. لا داعي أن-غير مضطر**

تتخدم التعبير عن عدم الضرورة في المضارع أو المستقبل

- She isn't late for school so she doesn't have to / needn't hurry.
- When you are on holiday, you needn't go to bed early.
- She doesn't have to work on Saturday.

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**6- - Didn't have to = didn't need to = It wasn't necessary to.., so we didn't لم نضطر أن**

- تستخدم هذه الأفعال للتعبير عن عدم الضرورة في الماضي (حدث لــــم يتـــــم في الماضي لأنه لم يكن ضروريا)

- We didn't have to go to school yesterday. It was a holiday.
- I didn't have to do the shopping yesterday. My brother did it.

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**7- Needn't have + PP. : It wasn't necessary to....., but we did**

- يستخدم هذا الفعل للتعبير عن عدم الضرورة في الماضي (حدث تـــم في الماضي على الرغم من كونه لم يكن ضروريا)

**- You needn't have brought your umbrella. It's not going to rain.**

- لاحظ الفارق في المعنى في الجمل الآتية

**- I didn't have to buy more bread. We already have a lot.**

**(I <u>didn't buy</u> bread because we have some.)**

**- I needn't have bought more bread. We already have a lot.**

**(I <u>bought</u> bread, but it was not necessary because we have some.)**

- في حالة التعبير عن الضرورة في المستقبل نستخدم **must / have to / will have to**

**- I have to get up early tomorrow.** **- I'll have to send the fax tomorrow.**

- لاحظ الفرق بين استخدام **need to** كفعل ناقص واستخدام **need** كفعل عادي بمعنى يحتاج أو يتطلب

**- This job needs computer skills.- I need to finish the job early. = I must finish it early.**

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**<u>Choose the correct answer</u>**

1. You........finish that report tonight if you're too tired. Midday tomorrow is the deadline.
   a) need to  b) must  c) needn't  d) shouldn't
2. You ............buy a ticket before you can go into the sports stadium.
   a) ought to  c) have to  d) have  d) need
3. We .............to buy any tomatoes. There are lots of them in the fridge.
   a) have  b) mustn't  c) need  d) don't need
4. You can order your plane tickets online; you .................. use a travel agent.
   a) mustn't  b) don'ave to  c) have to not  d) don't need
5. We ............. make sure that the customers are getting value for money.
   a) must  b) mustn't  c) have to  d) needn't
6. I can go on my own. You ............... come with me.
   a) don't need to  b) must  c) have to  d) need to
7. My children ................ study ancient history at school next year.
   a) will have to  b) must  c) needed  d) needn't
8. We ............ buy souvenirs for our friends while we're here.
   a) must  b) have to  c) mustn't  d) needn't
9. We ......... get up or go to bed at particular times.
   a) don't need to  b) mustn't  c) has got to  d) don't have
10. We ............ forget that tourism is very important for Egypt.
   a) must  b) mustn't  c) needn't  d) don't have to
11. I ............... get up very early on school days.
   a) have to  b) mustn't  c) needn't  d) has to
12. You ............. take that train. There's another one in ten minutes.
   a) mustn't  b) has to  c) don't have to  d) have to
13. You ........... buy that book. I can lend you mine.
   a) mustn't  b) has to  c) had to  d) needn't
14. You ...............speak so loudly on your phone. It's very annoying.
   a) mustn't  b) need to  c) had to  d) have to
15. When you arrive in another country, you .............. show your passport.
   a) must  b) has to  c) had to  d) have to
16. My staff and I ............... work twelve hours for six days a week.
   a) mustn't  b) shouldn't  c) had to  d) have to
17. I ...............phone my friend this morning. I promised him I would.
   a) needn't  b) have to  c) must  d) has to
18. In some countries, children ............wear school uniforms.
   a) don't need to  b) didn't have to  c) mustn't  d) has to
19. Most school children in Britain ............... wear a school uniform.
   a) has to  b) mustn't  c) didn't have to  d) have to
20. You ................. spend too much money. You'll want some for your holiday.
   a) mustn't  b) needn't  c) don't have to  d) must
21. You ........... take that book back to the library. You can keep it for another week.

a) have to b) don't have to c) must d) can't

22. You ............... pass your exams to go to university.

a) mustn't b) has to c) had to d) have to

23. I really ........... phone Mazen. I promised I'd phone him when I had any news.

a) mustn't b) must c) had to d) have to

24. We ............. buy some milk from the shops because we don't have any.

a) mustn't b) need to c) don't need to d) may

25. I want to go to university. I .............. apply before the end of the week.

a) mustn't b) needn't c) don't have to d) must

26. You ............. see your doctor. You look ill.

a) must b) needn't c) can't d) may

27. School starts at 8 : 30. I ............ get there before that time.

a) might b) have to c) can d) may

28. You can stay at home if you want. You .............. go shopping with us.

a) can't b) mustn't c) don't have to d) need to

29. I ...............hurry. My train leaves in 5 minutes.

a) mustn't b) don't have to c) must d) have to

30. These old buildings ...............knocked down.

a) have to be b) has to be c) had to be d) have to

## TEST ONE

**1) Choose the correct answer from a, b, c or d:**

**1. He totally agree..............me.**

**a. with b- to c- on d- about**

**2. Keep the hands on the chest and allow it ...............again.**

**a. rise b- raise c- to rise d- to raise**

**3. His special ..................of scratching lines into the colour is still frequently used.**

**a. technical b- technology c- technique d- technics**

**4. If you know how to ............CPR , you have to do this to help the patient.**

**a. Make b- perform c- go on d- carry on**

**5. Eating vegetables with green leaves ................our immune system.**

**a. help b- helps c- are helping d- is helping**

**6. You ..................shout or make noise in the classroom.**

**a. don't have b- shouldn't have c- are not to d- mustn't**

**7. The pain is of ................intensity and lasts anywhere from 15 to 180 minutes.**

**a. severe b- severity c- saver d- savior**

**8. He ......................... angrily to the news of his dismissal.**

**a. reacted b- reactive c- reaction d- intact**

**9. Trees help us............oxygyn.**

**a. breathe b- freeze c- release d- sneeze**

**10. It is our ............to defend our country against enemies.**

**a. work b- duty c- job d- profession**

**11. The queen granted him the ...of Lord due to his efforts to save his country in the war.**

**a. nickname b- surname c- title d- post**

**12. You ...............put a bandage and press it down on the area that is bleeding.**

**a. might b- may c- has to d- must**

**13. She gives all her old clothes .................. to the orphans.**

**A. out b- in c- up d- away**

**14. It took me a long time to .................. him to do the right thing.**

**a. persuade b- convince c- make d- let**

**15. If you are in Egypt, you ......... attend my wedding.**

**a. must b. should c. shouldn't d. mustn't**

**16. He has ........his business, his reputation, and his career due to his carelessness.**

a. won b-got c- lost d- earned

## 2) Read the following passage, then choose the correct answer:

Should we work all the time without having rest or entertainment? The answer is that we can't go on working without stopping. From time to time, we should stop to have some rest and some recreation to have fun. If we didn't, we could make mistakes and our work might get worse.

An overworked person may end up by losing their ability to think clearly and by having no energy to go on working. Sleep is one way by which we can renew our energy. Sports and games are also important for brainworkers, who stay in closed offices and don't have a good chance to exercise their muscles. Swimming, walking and other outdoor activities are excellent and may be very good for all people, so we shouldn't waste our weekends. People make full use of them by being in the open spaces. Having forgotten all about our work and the worries of life, we can then enjoy ourselves to the full and return the next day to work with our energy fully renewed. Change has a magic effect on man's health and his work.

Only clever people are those who can make a balance between their work and their personal lives. They are hardworking when they do their jobs and they live the happiest moments when they aren't working.

1. The best title for the passage is………………… .

a. Happy Moments b. Magical Energy
c. Importance of Rest d. Importance of Games

2. The underlined word "recreation" in the first paragraph means……………… .

a. effort b. health c. stress d. relaxation

3. The writer's purpose in the last paragraph is to…………………… .

a. suggest doing our jobs in the open air b. tell us the story of hardworking people
c. warn us of living happily without work d. advise us to make a life-work balance

4. According to the second paragraph, we understand that man's health improves by……………

a. changing our sleeping habits b. thinking of the worries of life
c. having a break every now and then d. working all the time without rest

5. All the following are examples of brainworkers except……………… .

a. mathematicians b. cleaners c. surgeons d. engineers

6. According to the passage, change has…………………… .

a. a vital effect on health and work b. no effect on health or work
c. an essential effect on health only d. an important effect on work only

7. We can avoid making mistakes if we………………… .

a. don't have rest b. relax
c. go on hard work d. do our jobs lazily and carelessly

8. An overworked person has a………………meaning.

a. positive b. violent c. aggressive d. negative